



Campus Recreation  
DIVISION OF STUDENT AFFAIRS

## INTRAMURAL DODGEBALL RULES

**Intramural dodgeball will be played according to National Amateur Dodgeball Association rules with the following modifications:**

### TEAM

- A team must have 4 participants to start a game and may play with as many as 6. In Co-Rec, a minimum of one participant and maximum of three participants of each gender are required. Teams not ready to play on time will be penalized one game if 1-5 minutes late, and two games if 6-10 minutes late.

### THE GAME

- Each match will consist of 5, 5-minute games (best-of-five). The team with all participants eliminated at the end of 5 minutes (or overtime period - if necessary) is the loser of that game. If neither team is completely eliminated in 5 minutes, the team with the most participants remaining will be the winner of that game. If there are an equal number of participants after 5 minutes, a sudden-death overtime period will determine the winner.
- **Start of Game:** All balls will be placed at half court. Participants will start at their end of the court. Action will start on the sound of the whistle. At the sound of the whistle, all participants will race toward the balls at half court to retrieve any balls that they can. Once balls are obtained, all participants must return to their own attack line before attempting their first throw at an opponent. Each ball must return behind the attack line after the initial rush before it can be thrown. If two opposing participants begin to struggle over a ball, both are out even if they stay on their own side. What is considered a struggle is up to the official's judgment.
- Teams are not allotted any time-outs. The referee may, however, suspend time for injury, etc., if they deem it necessary.
- **Overtime:** If there are an equal number of participants after 5 minutes, an untimed sudden-death overtime period will be played. The number of balls is equal to the number of participants on a side (i.e., If two participants are left on each side, two balls will be used in overtime). Overtime is over when one participant is eliminated and the team with the most participants wins (a team does not have to eliminate all opposing participants to win).

### THE FIELD

- The playing field shall be a rectangle 60ft long and 30 feet wide divided into two equal sections by a center line and attack lines 3m from and parallel to the half-court line (identical to a volleyball court).
- **Boundaries:** During play, all participants must remain within the boundary lines. Participants may leave the boundaries through the end-line only to retrieve stray balls. They must also return through their end-line. Only one person is allowed to retrieve the balls; all others are called out.

## HALF COURT

- The half court line is the boundary that separates the teams. Participants may not cross the half court line when making an attempt to throw.

## ENCROACHMENT

- At any point in the game if any participant, in an attempt to get or throw a ball, has their foot or any other body part on the floor completely cross the midline, that participant is called out.
  - **"Boundary Violation"**: If at any time the ball is released beyond the division line, the ball is dead and may not eliminate a participant. The participant committing the infraction is also eliminated.

## A PARTICIPANT IS ELIMINATED WHEN:

1. They are struck by an airborne ball thrown by the opponent. A kick is not considered a throw.
2. They use a ball to deflect an opponent's throw and drop the ball they are holding.
3. They leave the playing area to avoid being put out.
4. They cross the boundary lines (before the designated time) in an attempt to throw a ball at an opponent.
5. They throw a ball at an opponent above the shoulders while the opponent is in a standing position.
6. They throw a ball, and the opponent catches that ball.
7. They release a ball beyond the division line.

The objective of the game is to eliminate all opposing participants by getting them "out". This may be done by:

1. Hitting an opposing participant with a **LIVE** thrown ball below the shoulders.
2. Catching a **LIVE** ball thrown by your opponent before it touches the ground.
  - **Definition: LIVE**: A ball that has been thrown and has not touched anything, including the floor/ground, a participant, another ball, official, or other item outside of the playing field (wall, ceiling, etc).
    - **EXCEPTION**: A participant may catch a ball that has hit themselves to put the opponent out.

### **\*NOTE:**

- a) **Balls bouncing off the wall or floor are not considered a throw and do not eliminate participants.**
- b) **If a participant ducks or takes a position with their head below where their shoulders would normally be when standing (i.e., crouching, kneeling, sitting, diving, rolling, or lying down), and this clearly causes the participant to be hit above the shoulders, the participant is out, and the throw is considered legal.**

## BOUNDARY CATCH RULE

- If a participant catches a live ball thrown by an opponent near the boundaries, the participant must have both feet inside the boundaries and have control of the ball to be counted as a legal catch. If momentum

carries the participant out of bounds after the participant has possession of the ball, then the participant making the catch is also out.

### **STALLING**

- If one team has all the balls on the court and they keep the balls on their side of the court, they have 5 seconds to get at least one ball on the opposing team's side of the court beyond the attack line. If 5 seconds elapse and the team still have all the balls on their side, stalling is called and half of the balls are given to the other team (if the number of balls is odd, the team gives 1 more ball than half, i.e., if there are 3 balls then the team gives up 2).

### **AFTER BEING HIT**

- Leave the court immediately without any interference or distraction to either team. Failure to comply may cost that team another participant or that game. After a participant has been hit, their throw(s) will not eliminate an opponent. A participant who has been eliminated will NOT be permitted to re-enter the game. Participants that are already eliminated from the game can NOT fetch balls for the team if the balls are outside the playing field. If anyone who is not in the game (i.e., a spectator or an eliminated team member) helps a team by getting a ball out of the playing field for one team, the ball is given to the opposing team.

### **UNSPORTSMANLIKE CONDUCT**

- Any conduct by a participant deemed to be unsportsmanlike by the intramural staff can result in ejection from the game and removal from the playing area. If a participant is ejected from a game, that participant's team must play shorthanded for the remainder of the match.
- A team may be subject to a penalty based on the behavior of its supporters. Supporters are defined as anyone who is clearly affiliated with a team that is currently playing.

**\*STAFF: THE SPORT PROGRAMS STAFF WILL BE THE OFFICIALS AND ALL DECISIONS FROM THE OFFICIALS ARE FINAL. \***